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On the cover: A CH-46D Sea Knight helicopter transfers stores between *USNS Kanawha (T-AO 96)* and *USS Harry S. Truman (CVN 75)* during a replenishment at sea in the Arabian Gulf. *Truman* is operating in the Gulf in support of Operation Southern Watch. U.S. Navy photo by Photographer's Mate 3rd Class Donna J. Doyle. [010227-N-3646D-005] Feb. 27, 2001



Navy Recruiter

RADM G.E. Voelker

Commander, Navy Recruiting Command

EMCM(SW) Kenneth W. Cromer

CNO Directed Master Chief
of Recruiting

LT Bradley Fagan

Managing Editor

JO2 Bashon W. Mann

Editor

JOSN Christopher T. Conklin

Staff Writer

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Submissions should be sent to:

Editor, Navy Recruiter Magazine

Navy Recruiting Command

Public Affairs Division (Code 81)

5722 Integrity Drive, Bldg. 784

Room 100

Millington, TN 38054-5057

Telephone: Comm. (901) 874-9070

Fax: (901) 874-9074

DSN: 882-9070

E-mail: mann@cnrc.navy.mil

A NEED FOR OUT-OF-THE-BOX THINKING

When a ship's course fails to steer her crew toward a chosen destination, good seamanship dictates that a course adjustment be made. Our recent numbers indicate that we at Navy recruiting must make a significant course adjustment in order to reach year-end accession, new contract, and program objectives – all of which are necessary to fill gapped billets at sea.

One way to make this course shift is through innovative thinking. The picture in the upper right corner of this page is an example of out-of-the box thinking forwarded to me by ETCS(AW) Stan Olsen of NRD San Francisco. Although this approach is certainly not within everyone's means and may not even meet everyone's recruiting needs, Senior Chief Olsen says this car and its distinctive license tag never fail to generate interest and have served him well as a recruiting aid.

Don't misunderstand. I'm not suggesting that you abandon the recruiting strategies that have proven effective for you, but I do encourage you to seek creative additions for your recruiting toolbox. Creativity doesn't refer only to artistic talent (or fine looking Corvettes) but is a mindset that lets you discover unexpected, and sometimes unorthodox, solutions to problems. Innovative ideas don't have to be complex or expensive. Often, creative approaches are simple, and the tools needed to implement them are already on hand. The catalyst for change is relinquishing a "business as usual" attitude and being able to view the same old challenge from different perspectives.

Productive creativity requires both inspiration and collaboration. As creative recruiting ideas occur to you, I encourage you to forward them to headquarters. We'll post your ideas on Showcase so that others can learn from them, suggest improvements to them, and provide feedback to you on how they are working. Don't limit yourselves to proven strategies. Share ideas for even potential creative solutions. Through collaboration with your fellow recruiters, an



idea that initially seems unworkable may become an idea that proves enormously successful. Even fragments of ideas, when combined with other suggestions, can become a productive recruiting strategy. And don't stop with the first good idea; sometimes even more innovative thinking follows that initial flash of creativity.

Although geographically this command stretches from Italy to Japan, one of our greatest strengths is our unity of purpose: putting qualified young men and women into the Navy. By sharing your innovative ideas and "lessons learned" with fellow recruiters, you better enable us to achieve the command's overarching recruiting mission. If your station or district is on track, reach out to fellow recruiters so that we can get the nation on track. Each of us — every single recruiter and support person in the command — must think beyond herself or himself and the immediate monthly goal to meet the Fleet's greater need for qualified Sailors. Individual honors and awards are flattering, but equally rewarding will be the knowledge that the Navy's recruiting TEAM is succeeding in eliminating gapped billets. Remember, we are in this together. As a team, we can and must succeed. The Navy and this great nation that we serve and defend are depending on us. **NR**

CNO Challenges San Francisco Recruiters with Navy's #1 Priority

Story and photos by JO1 Lisa A. Mikoliczyk
NRD San Francisco Public Affairs



Chief of Naval Operations, Admiral Vern Clark addresses recruiters in NRD San Francisco as MCPON James Herdt looks on.

The Sailors of Navy Recruiting District San Francisco's 'Valley Zone' in Fresno, Calif., received a visit from the Navy's most senior officer recently — and he came with a very important message for them, and *all* recruiters.

Chief of Naval Operations Admiral Vernon Clark sat down with the recruiters at Naval Air Station Lemoore during his visit to California. The Master Chief Petty Officer of the Navy, Master Chief Jim Herdt, also accompanied the CNO on his visit.

The focus of the CNO's message to the recruiters was his "Top Five Readiness Priorities" — 1) Manpower/Recruiting; 2) Current Readiness; 3) Future Readiness; 4) Quality of Service; and 5) Alignment.

He stressed the fact that recruiters are at the forefront of his number one priority —

manning, which encompasses not only recruiting, but also retention and reducing attrition. According to Admiral Clark, they are the Sailors who are making the biggest impact on that today. "The influence you all have on these young men and women plays a major role in their 'expectations' of the Navy," Admiral Clark said.

He spoke of the Navy's 'War for

first contact with the Navy, and shapes what he/she can expect from their commitment to serve in the Navy. This is where he explained his fifth priority of 'Alignment', playing a key role in "making sure we keep our promises aligned with what we can deliver."

Recruiters shared feedback with Admiral Clark that they've received from some of the Sailors they've put

Navy long after bootcamp.

"Recruiting is definitely a 'life-long' cycle. It doesn't necessarily end when you ship the kid off to bootcamp," SK1 Tiffany Burton explained. Burton, the Recruiter in Charge of the Clovis, Calif. Navy Recruiting Station, said getting the chance to meet with the CNO was an honor, but more importantly — knowing that their

efforts are among his top priorities.

"I think it really meant a lot to all of us to hear it straight from him, that what we're doing out here on a daily basis has a real

impact on the entire Fleet," Burton said.

The MCPON, Master Chief Herdt, also emphasized the importance of sharing the CNO's initiatives with these recruiters in the field — the Sailors who are the driving force behind the CNO's number one priority. **NR**

"...making sure we keep our promises aligned with what we can deliver."

-Adm Vern Clark, CNO

People' and the challenges that our recruiters face in this time of economic prosperity. In addition, the CNO mentioned the great influence they have on retaining the people they put in the Navy and reducing attrition. Admiral Clark reinforced that the recruiter is the Sailor's

in the Navy: the importance of honesty from their recruiters; their critical first-contact experiences at their first duty stations; and taking care of these Sailors every step of the way — many recruiters continue to counsel and stay in contact with the Sailors they put in the

Indianapolis Recruits by the ***BUS LOAD***

Story by JO1 Jess Johnson
NAVINFO MIDWEST

If you live in a large city you've probably seen buses decorated with movie stars' faces, local attractions and other high profile products like candy bars and soft drinks. The side of a bus is as big as a billboard and can be seen by thousands of people everyday. But a bus does something a billboard can't - it moves. Terry Kelly, Advertising Coordinator for Navy Recruiting District (NRD) Indianapolis saw one of these buses and thought it looked like a good investment.

"Everyone notices a fully wrapped Metro Bus," said Kelly. "Here in the Midwest, Navy awareness is totally unseen. I felt this would be a great way to get the Navy noticed all around the city."

To get her idea off and running, Kelly would need the backing of her Commanding Officer (CO). The CO would be the first to determine if the money would be well spent in a

venture like this. After all, \$22,794 is a lot of money.

"Being in the Midwest we have a real lack of Navy presence," said Captain Ray Downs, Commanding Officer of NRD Indianapolis. "We don't have any Navy ships or bases for people to identify with. I think this is a great way to get people in the 'corn-belt' to think Navy. We needed something to bring the Navy's technical and educational benefits to bear on potential recruits. This bus will be seen by thousands of people a day. The package price is considered to be a good value in today's advertising market, and I feel it's a great investment."

"Without Captain Downs," continued Kelly, "this bus would not have been possible. He took the proposal to Navy Recruiting Command (CNRC) and got the needed funding. He stressed the importance of Navy awareness in the Midwest, rather than

coastal areas such as San Diego, etc."

Captain Downs feels the bus will help his Metro Zone with recruiting efforts since there are four large Navy Recruiting Stations in the Metro area.

Reaching potential recruits isn't an easy task. By putting the Navy out where it can be seen, the hope is the people interested will make the effort to contact a recruiter. The Navy's recruiting phone number, 1-800-USA-NAVY, and web site, www.navy.com, along with images of NRD Indianapolis Recruiters are prominently displayed on both sides and the back of the bus. Eller Media's Public Affairs Director, Brent Bolick, says these rolling billboards make a big impression.

"This is a very unique advertising platform," said Bolick. "It has a high recognition value. In a recent study of people who had seen these buses on the street, they could recall 71

percent of the decorated buses they'd seen."

The bus is leased for a full year. The photos and overall design had to be appealing and able to stay current with changing styles.

"The design was created by Eller Media with input from NRD Indianapolis," stated Captain Downs. "The people depicted on the bus are actual NRD Indianapolis recruiters."

Mr. Bolick did most of the footwork gathering the photos and graphics needed for the job.

"I worked with a lot of great people on this account," said Bolick. "Terry and I started on this back in June of 2000 and I've been able to work with lots of great people from the Navy. The people here in Indianapolis and at CNRC were extremely helpful. Kim Ellis, graphic artist at CNRC, helped us get the new Navy logos and pointed me in the right direction to get the

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images of the plane and the aircraft carrier.”

The bus Navy Recruiting District Indianapolis chose runs routes all around the city. An F-14 Tomcat proudly displayed with the Enlisted Recruiter of the Year, IT1(SW) Rhonda Dennis, on one side along with the Engineering Officer Programs Director for NRD Indianapolis, Lieutenant Gregory Ogle, and USS George Washington (CVN 73) on the other is sure to catch a few eyes.

“I think this is a great idea,” said IT1(SW) Dennis. The Nashville, Tenn. native joined the Navy 15 years ago and is now recruiting in Dayton, Ohio. “To have my picture on the side of this bus means a lot. People will look at me and think, ‘If she can do this, so can I.’ That’s awesome! There are a lot of potential Sailors walking around here. Many of them just haven’t thought about it yet. If someone looks up at this bus and asks, ‘I wonder what the Navy’s got for me?’ then makes the call, it’s worth it.”

With the bus passing four major universities in the area

everyday, getting noticed on campus could improve officer recruitment as well.

“I’m really excited about the bus,” said Lieutenant Gregory Ogle. “I’m very proud the command chose me to represent the Navy in the Indianapolis area. Our biggest challenge in officer recruiting is just getting the Navy noticed around the universities. I think the Navy has a lot to offer these students. Whether they choose the Navy as a career or as a means to get great experience, the initial four or five years they spend with the Navy will have a huge impact on their future personal and professional growth.”

The bus will operate a minimum of 11 hours each day and all the routes pass through downtown. That’s a total of 112 different stops depending on the route. It would be virtually impossible to put a recruiter in front of each of these stops. But the bus will be there, promoting the Navy to thousands of people everyday.

The bus will also be used to transport race fans to and from the

Indianapolis Motor Speedway during the Indianapolis 500, The Brickyard 400, and the U. S. Grand Prix Formula One race.

“Since Indianapolis is headquarters for the NCAA, many events are scheduled here,” said Kelly. “Plus we have professional sports teams like the Colts and Pacers who bring in fans from all over the country.”

Eller Media statistics say on average, 30,000-34,000 people ride a Metro Bus each day. And that doesn’t count the motorists and pedestrians who will see the bus while on its routes.

Getting people positive information about the Navy is vital to recruiting efforts. If no one knows you’re there, you can’t be successful.

“Awareness is what we count on,” said Kelly. “The bus features the Navy’s official website (www.navy.com) and the toll-free number for information (1-800-USA-NAVY). Even though we can’t ultimately count on responses – we know this form of advertising will greatly improve the awareness that we need.”

Also included in the advertising package with Eller Media are normal billboards. Eller Media will put Navy advertising on vacant billboards all around Marion County, at virtually no additional cost. The location of the billboards will change as advertisements go up and down along the roadside.

“I wish CNRC could afford to fund every NRD a bus,” said Kelly. “I’m sure when the other 30 Navy Recruiting Districts hear about this, they’ll try.” **NR**



The Indianapolis bus is covered from top to bottom with Navy imagery.

Dollars and \$ense!!!

Making goal economical

Story by JOSN Chris Conklin
Navy Recruiter Magazine
Staff Writer

Navy Recruiting Command (CNRC) has armed its recruiters with generous signing bonuses and educational incentives to help propel recruiting numbers towards year end goal.

The bonuses have been added to over 15 rates which previously did not have incentive bonuses. The new bonuses are available to young men and women who enlist after 1 February and leave for recruit training on or before 31 May of this year. Those individuals who qualify can receive bonuses in amounts ranging from \$3,000 to \$14,000 depending on the technical field in which they qualify, which is an increase of

\$1,000 to \$6,000 of their previous bonuses. There have been a total of 32 rates which have had signing bonuses increased, including nuclear training fields.

Applicants must have a high school diploma or GED (General Equivalency Diploma) to be eligible for the signing bonuses. Bonuses will be paid after completion of recruit training and subsequent completion of technical training.

Applicants who have received a high school diploma and earn a qualifying score on the Armed Services Vocational Aptitude Battery (ASVAB) potentially can double their Montgomery GI Bill benefits. Men and

women choosing an eligible rating accompanied by the Navy College Fund, are eligible for 30, 40 or 50,000 dollars in educational benefits with an enlistment of four years or more. Various ratings will also allow for the signing bonus to be accompanied along with the college fund.

Enlistees who have already started working towards their college degrees may also be eligible for \$10,000 dollars to pay back principle on student loans.

For those enlistees who have some college credit already or a degree, the Navy has included extra bonuses. Eligible applicants may receive \$4,000 if they have earned an associate's

degree and \$8,000 for a bachelor's degree.

Other bonuses for college credit include:

- \$2,000 for 1 year/ 1,000 hours of vocational education
- \$4,000 for two years/ 2,000 hours of vocational technical education
- \$2,000 for 24-47 semester hours, or equivalent of college
- \$3,000 for 48-71 semester hours, or equivalent of college
- \$5,000 for 72-95 semester hours, or equivalent of college
- \$6,000 for 96+ semester hours, or equivalent of college.

For more information on these enlistment bonuses visit the Showcase web site at cnrc.navy.mil. **NR**

What's on your recruiter toolbelt?

A note from the Fleet on just what's what...

Story by SM2 Jonathan Page
Onboard *USS Samuel Eliot Morison (FFG-13)*

One of the lesser known benefits for Temporarily Active Reservists (TARs) is the opportunity to experience life on Navy ships. TARs play a unique and invaluable role on a variety of platforms. From Storekeepers to Damage Controlmen, TAR Sailors provide an array of services to TAR ships.

USS Samuel Eliot Morison (FFG 13), homeported in Mayport, Fla., is one of many ships manned primarily by TARs. Over two-thirds of her crew are active reservists.

"This is an ideal way to put all of our training to use," said Machinery Repairman 1st Class Foster Nickle. "We really have the best of both worlds. We work right alongside active duty Sailors, but still enjoy all the benefits of being reservists."

There are a variety of benefits that a TAR Sailor can only get at sea. One of the more common goals is the Enlisted Surface Warfare Specialist (ESWS) qualification. Samuel Eliot Morison has had superior results from TAR

Sailors who want to earn their ESWS pins. "It's the goal of most all TAR Sailors who come onboard," said Interior Communications Electrician 1st Class (SW) Wayne Sturdivant, who runs Samuel Eliot

Morison's ESWS Program. "The ship

provides them with the tools and the training to earn their ESWS qualifications."

Another benefit of sea duty is the opportunity to go on

deployment. Many TAR Sailors don't

realize all of the travel that is available to them. And

with travel being one of the most

common reasons people are drawn towards the Navy, sea duty is a great chance to see countries and cultures that most people will never experience.

While TAR Sailors play an intricate role throughout the Navy, none are more valuable to the Navy and the country than those who are 'haze gray and underway.' **NR**

"We really have the best of both worlds."

- MR1 Foster Nickle

USS Samuel Eliot Morison (FFG-13)

NOT YOUR *ORDINARY* MID-TERM

CNRC helps sponsor
a school-wide ASVAB exam

Story by JOSN Chris Conklin
Navy Recruiter Magazine Staff Writer
Photos by Dale Anderson, CNRC Audio/Visual

Sailors from Navy Recruiting Command (CNRC) in Millington, Tenn., took part in a mass Armed Services Vocational Aptitude Battery (ASVAB) at Brighton High School in Brighton, Tenn.

Sailors volunteered their time for Navy presence recently at the high school where more than half the student body participated in testing.

The event came about due to the ASVAB Career Exploration Program, which uses the ASVAB and other elements to build a plan of action for high school students trying to decide what kind of career would be best suited to their abilities. J.B. Smiley, the Educational Specialist at Memphis' Military Entrance Processing Station (MEPS), coordinated the testing.

Smiley, using the program as a selling point to the administrators of the high school, gained support to expand the program into the classrooms of Brighton High School and have nearly 500 students tested.

The program allows 10th, 11th and 12th-grade students to take the ASVAB.

Usually, the ASVAB is only available to the junior and senior classes, but this allows the sophomores to benefit from the program also; and in this test alone, there were nearly 230 sophomores who tested.

The test scores of the sophomores cannot be used by the Department of Defense for recruiting purposes, but Smiley said, "the program is a great way to introduce students to the military who are not

aware of its benefits. It gets students aware of the military and lets them see what it is about. Its also helps them see their future beyond high school."

Both recruiting and schools benefit from this type of program. Recruiters get leads to recruit, and the high school gets an effective aptitude program to help students find a career which suits them.

All parties involved were pleased with the outcome of the test.

According to Mrs. Charlotte Fisher, Brighton's head guidance counselor, the students are eager to find out their scores and start with the second phase of the program. "It's super! I am pleased the students had the chance to assess their skills. I am also very pleased they will be moving into the second phase of the program, because many students are not sure what they are going to do after high school. This may direct them in the right direction."

The students seemed quite interested in the military personnel who volunteered to lend a hand to the school. "The military volunteers were very informative and professional with the students. I heard many students ask questions about the military. How do I get information, who can I contact? How do I join?," Smiley said.

Unlike traditional testing formats, this test was administered via closed-circuit television throughout the school.

All four of the military services were represented at the test; but according to Chief Cryptologic Technician Maintenance (SW) Joe Flick, who coordinated the event for CNRC, the

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Navy's participation was phenomenal.

According to Flick, Smiley requested 16 Sailors to proctor the test in the individual classrooms. But taking so many recruiters for one day would require using all the recruiters in the area, so instead of taking the recruiters out of their offices where they would be more valuable recruiting prospective Sailors, Flick and 10 CNRC Sailors volunteered to help administer the test.

Although the Sailors did not have the opportunity to actively sell the Navy, their presence alone was enough to draw questions from the students. "When the students see us in uniform, most of the time they are going to ask questions about it; whether it's something as simple as what service are you in, to what do your medals mean. From that point you start talking about the Navy," Flick said.

The test was a success according to Flick. "We projected



SK2 Sheila Spann and SH2(SW) Russell Valdez share a moment discussing the students' projects before the exam begins.

a positive image of the Navy. A lot of high school students in this area of the country, where there is not a lot of Navy presence, don't know what the Navy is about. This

was a good opportunity to help them form a positive opinion about the Navy."

CNRC hopes to include more schools in the future. **NR**



CTMC(SW) Joe Flick of CNRC passes the ASVAB exam to students of Brighton High School while instructions are given via video tele-conference.

Families hold first pre-deployment brief at DEP Family Night

Story by JO1(SW) Dave Fitz
Photos by ETCS(SS) Robert Acheson
NRD Philadelphia

"Our ability to complete the mission of Navy Recruiting depends largely on the strength of our DEP Leadership program!," said Commanding Officer CDR John Butala, NRD Philadelphia.

One evening, 15 Delayed Entry Personnel (DEP) and 25 of their family and friends attended their first Navy pre-deployment briefing at Naval Air Station Lakehurst, N.J. The newly sworn in Sailors from Navy Recruiting District Philadelphia's Toms River and Atlantic City recruiting stations were briefed on the what to expect at Recruit Training Command, Great Lakes, Illinois.

It was the seventh DEP Family night function the district has held since restructuring the program. The district's DEP Coordinator STG1(UISS) Lisa Perry revamped the format of the night to its current multimedia presentation. "Our goal is to get as much information to the parents and family members as possible. This presentation will answer questions of what their family member will be going through at RTC ... as for the DEPPers, we are reinforcing what their recruiters are saying at the recruiting stations."

As the families arrived, a Navy recruiting video was shown. After opening remarks CDR Butala, the DEPPers and their families watched the boot camp video as they enjoyed dinner. After dinner, the commanding officer talked to the families and emphasized the importance of their support as these new Sailors "*Accelerate Their Life*."

"I believe the more a family knows, the more a family will believe and support their Sailor in what they are doing," CDR Butala said. "That is what we try to accomplish at our meetings. We want the families to understand what their son or daughter will go through in their first step of the Navy. This is the first of many pre-deployment briefings they will have an opportunity to attend."

After the skipper finished, the Command Senior Chief, UTCS (SCW) David Marr, gave the



AA Ifiok Ekong answers questions from a DEPper as NC1(AW) Edmond Feger looks on.

nuts and bolts of what the DEPPers will be going through during recruit training. His slide presentation, while serious in nature, highlighted the *subtle changes* one goes through in the "*Sailorization*" process. Senior Chief Marr covered everything from physical readiness to immunization shots to how important it is filling out the paperwork on administration day in the P-days. No step of recruit training was left out.

"We want to validate the efforts of the recruiter in the field. They have worked hard at locating these qualified men and women and providing them with the opportunities the Navy has to offer. Having the Skipper, the CSC, and the PAO involved at this level reinforces the importance of "taking care of your Sailors". Additionally we showed the DEPPers and their families that they are more than a body or a contract ... we want to make them know they are part of the Navy family and provide them with the tools to succeed at Recruit Training."

The family members enjoyed slides of recruits arrival at RTC, receiving their first haircut, and their first wake up call at 0330, not to mention

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making their bed Navy style. For SR Shanye Miller's mother, the presentation was well received. "This night has put me at ease," Eileen O'Loughlin of Brick, N.J. said. "I would love to be a fly on the wall when they wake my daughter the first morning. I now know she will be in good hands there."

After the presentation, family members and DEPPers were asked to fill out critique sheets and evaluate the evening's program. One of the most common remarks was "thank you for your honesty, I feel a lot better about his / her decision." "If we are able to alleviate one family member's concern or validate one Sailor's decision to *Go Navy* we have been successful," CDR Butala stated. He added "We have even had a number of parental referrals as a result of this program, it's a win – win for the families and the Navy."

On this night, the

overwhelming positive was the presence of AA Ifiok Ekong who is home on RAP leave after graduating from recruit training only three weeks earlier. He gave the presentation first-hand experience. "I went to boot camp four days after I joined the Navy ... this information would have

HARP, or Bluejacket Harp participant at future briefings.

For SR Joe Hamilton, the night answered a lot of his questions and he said he feels like he will be better prepared when he reports to recruit training one week later. "I'm excited as ever to start my Navy career," he stated. "I appreciated the honesty of the presentation from both the speakers and my recruiter."

The district will hold a pre-deployment meeting for all 44 recruiting stations by the end of spring. "These meetings, along with regularly scheduled DEP meetings, will help us as we fight the battle of attrition," Perry said. **NR**

"I believe the more a family knows, the more a family will believe and support their Sailor in what they are doing."

**- CDR John Butala, Commanding Officer
NRD Philadelphia**

helped me a lot!" the Nigerian native said. "It was very realistic and topics covered will help the Sailors academically and for inspections." When possible, the district plans to have a RAP,

Author's note: For more information on NRD Philadelphia's Dep Family nights contact Senior Chief Marr at 215-697-4007 or Petty Officer Perry at 215-697-4381.



UTCS(SCW) David Marr poses with a DEPPER and his mother as the DEPPER's recruiter looks on.

Carbon Monoxide

The silent killer

**Story by
SPC Christopher Stape, U.S. Army
ArmyLINK News**

It's the proverbial silent killer. It can creep into a home, office or vehicle at any time and take lives before anyone realizes it's present.

It is carbon monoxide, also known by its chemical components as CO (carbon and oxygen), and it is deadly. Experts say carbon monoxide is the leading cause of accidental death from poisoning in the United States.

Carbon monoxide is a gas that's usually produced from combustion. The way it works is insidious. Invisible and odorless, it has a strong affinity for hemoglobin, the element in blood that carries oxygen molecules from the lungs and drops them off to the body's cells.

Hemoglobin has an affinity for carbon monoxide approximately 240 times stronger than oxygen, so as CO is taken into the body from breathing, the hemoglobin would rather transport it throughout the body than carry the life-giving oxygen. Essentially, serious carbon monoxide poisoning causes oxygen deprivation.

Just why CO is so dangerous stems from the fact it is so common. The most prevalent sources is motor-vehicle exhaust. Internal-combustion engines generate lots of carbon monoxide, and that's a problem if exhaust systems are not well maintained.

Gasket leaks, holes in mufflers or holes in pipes can be a real problem if a car is standing still with its motor running and there's no wind. Danger is especially high in the winter, when a vehicle gets stuck in snow. If the driver runs the car to maintain heat and snow plugs up the exhaust pipe, carbon monoxide can find its way into the car.

The most common sources of CO poisoning in the home are faulty heating and cooking appliances,

according to the Wayne State University School of Medicine's web site. Portable propane heaters, charcoal-burning barbecues and portable or non-vented natural gas appliances, furnaces and water heaters are common culprits.

Since carbon monoxide is odorless and silent, it is hard to detect. It's also hard to detect carbon monoxide poisoning. The only warning may be a headache or tightness around the forehead.

At low levels of exposure, a headache is the typical symptom of CO poisoning. But as exposure levels increase, so do the symptoms' severity. Headaches are soon followed by exhaustion, vomiting, an increase in pulse, loss of consciousness and convulsions leading to coma and eventual death.

CO is especially bad for a fetus. After exposure to carbon monoxide, the fetus can die even if the mother has no effects at all.

Treatment of carbon monoxide poisoning is tricky. Hemoglobin's affinity for CO makes it difficult to remove from the blood once it has been introduced.

One option is to put the patient into a hyperbaric (pressure) chamber. This forces the carbon monoxide to break its bonds with the hemoglobin, and allows the blood to take up oxygen.

Since carbon monoxide is so hard to detect, it is important to take measures to prevent exposure.

The best way, experts say, is to ensure the exhaust systems in vehicles and home furnaces are in good shape. Carbon monoxide detectors are available for homes, and there are similar products to be used in vehicles.

The Wayne State School of Medicine offers the following suggestions.

The school suggests having furnaces inspected annually to avoid carbon monoxide poisoning. Also, it pays to maintain a high degree of suspicion of CO poisoning when the symptoms, such as prolonged headache and fatigue, are present. **NR**

Got a tough question about Recruit Training Command?

Visit Recruit Training Command's web site at <www.ntcpao.com/rtc.htm>.

Best Stations in the Nation

For the month of January

NRD Atlanta	NRS Norman	NRS Crenshaw	NRS Columbia	NRS Athens	NRS Morganton
NRS Dublin	NRS Abilene	NRS Imperial	NRS Evansville	NRD Omaha	NRS Fayetteville
NRS Cartersville	NRS Cleburne	NRS Downtown	NRS Johnson City	NRS Spencer	NRS Rock Hill
NRS Stone Mountain	NRS Fort Worth	NRS Diamond Bar	NRS Louisville	NRS Sioux Falls	NRS Clinton
NRS Aikens	NRS Grand Prairie	NRS Guam	NRS Morristown	NRS Watertown	NRS Wilmington
NRS Lexington	NRS Garland	NRD Miami	NRS Murfreesboro	NRS Kearney	NRD Richmond
NRS Anderson	NRS Sherman	NRS Hialeah	NRS Richmond	NRS Bellevue	NRS Chesterfield
NRS Camden	NRD Denver	NRS Humacao	NRS Tullahoma	NRS Council Bluffs	NRS Lynhaven
NRS Dillon	NRS Metro	NRS Lakeland	NRS Vincennes	NRS Norfolk	NRD San Antonio
NRS Myrtle Beach	NRS Liberal	NRS Margate	NRD New England	NRS Sioux City	NRS Crossroads
NRD Buffalo	NRS Garden City	NRS Metro Miami	NRS Auburn	NRS Merle Hay	NRS N.E. San Antonio
NRS Cheektowaga	NRD Houston	NRS N Miami Beach	NRS Brunswick	NRS Bismark	NRS Copperas Cove
NRS Bridgeport	NRS Alief	NRS San Juan	NRS Presque Isle	NRS Dubuque	NRS Killeen
NRS Waterbury	NRS Bearcreek	NRS S. Ft. Meyers	NRS Rutland	NRS Minot	NRS Marble Falls
NRS Albany	NRS Beaumont	NRS South Miami	NRS St. Johnsbury	NRS Cedar Rapids	NRS Temple
NRS Saratoga Sp.	NRS Cleveland	NRS W. Palm Beach	NRS Newport	NRD Burlington	NRS Laredo
NRS Schenectady	NRS Houston	NRD Michigan	NRS New Bedford	NRD Philadelphia	NRS N. Corpus Christi
NRS Troy	NRS Lake Charles	NRS Dearborn	NRS Hyannis	NRS Camden	NRS Ingram
NRS Hornell	NRS Marshall	NRS Detroit Central	NRS Enfield	NRS Center City	NRS Mercado
NRS Bristol	NRS Memorial City	NRS Detroit East	NRS Western Mass.	NRS Easton	NRS El Paso Central
NRD Chicago	NRS Nacogdoches	NRS Bay City	NRD New Orleans	NRS Oxon Hill	NRS El Paso East
NRS Bensenville	NRS New Iberia	NRS Midland	NRS Hammond	NRS Pottstown	NRS El Paso West
NRS Chicago	NRS Northline	NRS Westland	NRS Gonzales	NRD Phoenix	NRS Brownsville
NRS East Peoria	NRS Opelousas	NRS Traverse City	NRS Jacksonville	NRS Ahwatukee	NRS Round Rock
NRS Evergreen Pk.	NRS Sharpstown	NRS Niles	NRD New York	NRS Arrowhead	NRD San Diego
NRS Glendale Hts.	NRS Spring	NRS Saint Joseph	NRS Freeport	NRS Bell Canyon	NRS Chula Vista
NRS Harvey	NRS Stafford	NRS Mt. Clemens	NRS N. Bergen	NRS Chandler	NRS Clairemont
NRS Hyde Park	NRD Indianapolis	NRS Grande Blanc	NRS Hicksville	NRS Christown	NRS College Grove
NRS Kenosha	NRS Bedford	NRS Kalamazoo	NRS Flushing	NRS Desert Sky	NRS Costa Mesa
NRS Laporte	NRS Elkhart	NRS Caro	NRS Melrose	NRS Durango	NRS El Cajon
NRS Pulaski	NRS Indy North	NRS Slt St. Marie	NRS Harlem	NRS Flagstaff	NRS Escondido
NRS Rockford	NRS Piqua	NRS Cadillac	NRS Huntington	NRS Gallup	NRS Hemet
NRS Tinley Park	NRS Warsaw	NRS Alpena	NRS Richmond Hill	NRS Las Vegas	NRS Henderson
NRS Valaparaíso	NRD Jacksonville	NRS Waterford	NRS Red Bank	NRS Marana	NRS Huntington Bch
NRS Waukesha	NRS Albany	NRS Wyoming	NRS Patchogue	NRS Mesa	NRS Las Vegas West
NRS Windy City	NRS Marianna	NRS Lansing	NRS Jersey City	NRS Mission Park	NRS Mira Mesa
NRD Dallas	NRS Thomasville	NRS Pontiac	NRS Elmhurst	NRS Prescott	NRS Mission Viejo
NRS Mesquite	NRS Ocala	NRD Minneapolis	NRS Flatbush	NRS Showlow	NRS Ocean Side
NRS Duncan	NRS Valdosta	NRS Brainerd	NRD Ohio	NRS Sierra Vista	NRS Orange
NRS Tyler	NRS Waycross	NRS Burnsville	NRS Toledo	NRS Superstition	NRS Riverside
NRS Plano	NRS E Jacksonville	NRS Cambridge	NRS Lima	NRS Tempe	NRS San Bernardino
NRS Edmond	NRS St. Augustine	NRS Duluth	NRS Fremont	NRD Pittsburgh	NRS Temecula
NRS Mc Alester	NRS Cocoa	NRS Eau Claire	NRS Elyria	NRS Warren	NRD San Francisco
NRS Lawton	NRS Melbourne	NRS Houghton	NRS Norwalk	NRS Greensburg	NRS Elk Grove
NRS Wichita Falls	NRS Sanford	NRS St. Cloud	NRS Lakewood	NRS Chambersburg	NRS Gilroy
NRS Athens	NRS Titusville	NRS Wisconsin Rapids	NRS Parma	NRD Portland	NRS Hanford
NRS Corsicana	NRD Kansas City	NRD Montgomery	NRS Medina	NRS Beaverton	NRS Novato
NRS Jacksonville	NRS Blue Springs	NRS Greenwood	NRS Lorain	NRS Boise	NRS Santa Cruz
NRS Denton	NRS Hutchinson	NRS Pearl	NRS Boardman	NRS The Dalles	NRD Seattle
NRS Grapevine	NRS Pittsburg	NRS Ridgeland	NRS Mentor	NRS Eugene	NRS Coeur d' alene
NRS Lewisville	NRS Leavenworth	NRS Laurel	NRS Maple Heights	NRS Gateway	NRS Everett
NRS Weatherford	NRS Olathe	NRS McComb	NRS Ashtabula	NRS Hillsboro	NRS Juneau
NRS Desoto	NRS Olathe	NRS Natchez	NRS Ravenna	NRS Idaho Falls	NRS Missoula
NRS Pleasant Grove	NRS Macon	NRS Saraland	NRS East Liverpool	NRS Longview	NRS Skagit Valley
NRS Richardson	NRS Fayetteville	NRS Dothan	NRS Canton	NRS Logan	NRS South Anconrage
NRS Del City	NRS Rogers	NRS Panama City	NRS Akron	NRS McMinnville	NRS Tri-Cities
NRS Terrell	NRS Enid	NRS Selma	NRS Zanesville	NRS Newport	NRS Wasilla
NRS Hurst	NRS Hays	NRS Fairfield	NRS Newark	NRS Rock Springs	NRS Wenatchee
	NRS St. Joseph	NRS Tuscaloosa	NRS Mansfield	NRD Raleigh	NRD St. Louis
	NRD Los Angeles	NRS Cullman	NRS Belfontaine	NRS Hendersonville	NRS Dyersburg
		NRS Eastwood	NRS Columbus West	NRS Asheville	NRS Mid-town
		NRD Nashville	NRS Delaware	NRS Burlington	Memphis
		NRS Bowling Green	NRS Columbus	NRS Salisbury	NRS Millington
		NRS Clarksville IN	North	NRS Concord	NRS Mt. Vernon
		NRS Clarksville TN	NRS Columbus East	NRS Gastonia	NRS Sikeston
		NRS Cleveland	NRS Chillicothe	NRS Shelby	NRS St. Roberts
			NRS Lancaster		

* **Italic lettering denotes previous FY01 winners.**

Best Stations in the Nation are those attaining 100 percent or better in all their assigned goals, including new contract objective and sub-category goals for the month.

